



GOOSE, WHOLE, FROZEN

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Code: A572

PRODUCT DESCRIPTION

- Whole geese are U.S. Grade A ready-to-cook. There are no added ingredients.

PACK/YIELD

- Geese are 8 to 10 pounds, packed frozen and whole with the neck and giblets, which is about 25 servings of cooked meat (about 3 ounces each).

STORAGE

- Keep whole geese frozen at 0 degrees F until ready to use.
- After cooking, remove meat from bones and store leftover goose in a covered container that is not made from metal in the refrigerator. Use within 2 days.
- Leftover cooked goose may be stored in the freezer for 2 to 3 months.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- It is important to properly handle goose to avoid spoilage or food poisoning.
- To thaw whole goose in the refrigerator, place goose on a plate or in a bowl on the lowest shelf to catch any drippings or juice.
- DO NOT thaw a goose on countertops or at room temperature.
- Whole goose should be cooked to an internal temperature to 165 degrees F. Only a food thermometer can show the right temperature.

USES AND TIPS

- Whole goose may be roasted, baked, or cut into pieces and grilled.
- Top cooked goose with a simple gravy made from broth thickened with flour or cornstarch.
- Try chopping cooked goose and using the meat in soups, casseroles, and sandwiches.
- Goose is a dark meat poultry product, which means it has more fat and cholesterol than white meat poultry.

See back for more information.

NUTRITION FACTS

Serving size: 3 ounces (85g) cooked goose

Amount Per Serving

Calories 260 **Calories from Fat** 170

% Daily Value*	
Total Fat 19g	29%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 75mg	26%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

NUTRITION INFORMATION

- 1 ounce of cooked goose counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.
- 3 ounces of cooked goose has 15% of the daily recommended amount of iron. Goose provides protein and minerals and should be served without the skin to reduce fat and cholesterol.

FOOD SAFETY INFORMATION

- Goose may contain bacteria that can cause illness if it is mishandled or cooked improperly.
- For your protection, keep refrigerated or frozen; follow proper thawing directions listed under Preparation/Cooking. Keep raw meat and poultry separate from other foods.
- Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry.
- Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or throw away.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- For more recipes, go to: http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm

ROASTED GOOSE

MAKES ABOUT 25 SERVINGS

Ingredients

- 1 whole goose (about 8 to 10 pounds), thawed
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1 onion, cut into four pieces
- 1 green pepper, cut into four pieces
- 2 carrots, peeled and cut into 1-inch pieces

Directions

1. Preheat oven to 350 degrees F.
2. Sprinkle the inside of goose with salt and pepper. Place onion, green pepper, and carrots inside goose. Place goose, breast-side up, on the rack of a roasting pan.
3. Poke skin of the goose all over with fork or knife.
4. Roast for about 2 ½ hours or until a food thermometer shows 165 degrees F. Let stand for 10 minutes before slicing. Remove the cooked skin before serving.

Nutrition Information for 1 serving (about 3 ounces) of Roasted Goose

Calories	240	Cholesterol	120 mg	Sugar	1 g	Vitamin C	15 mg
Calories from Fat	90	Sodium	200 mg	Protein	33 g	Calcium	22 mg
Total Fat	10 g	Total Carbohydrate	1 g	Vitamin A	59 RAE	Iron	4 mg
Saturated Fat	4 g	Dietary Fiber	0 g				

Recipe adapted from Recipezaar.com.

GOOSE AND VEGETABLE SOUP

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 ½ cups cooked goose, skin removed, cut into small pieces
- 1 teaspoon vegetable oil
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 teaspoon garlic powder
- ⅓ cup flour
- 4 cups chicken broth
- 1 cup egg noodles, uncooked
- 1 cup canned carrots, drained

Directions

1. Heat oil over medium heat in a large pot. Add onions, celery, and garlic powder, and cook until soft, about 3 minutes.
2. Sprinkle flour over vegetables and cook for 1 minute, stirring once in a while.
3. Stir in chicken broth and goose. Cover and cook for 20 minutes.
4. Uncover pot and stir in noodles and carrots. Cover and cook for 10 minutes or until noodles are soft.

Tip

This is a great soup to make with leftover cooked goose. Just shred or cut up the cooked leftover meat.

Nutrition Information for 1 serving (about 1 cup) of Goose and Vegetable Soup					
Calories	170	Cholesterol	45 mg	Sugar	2 g
Calories from Fat	70	Sodium	370 mg	Protein	15 g
Total Fat	7 g	Total Carbohydrate	9 g	Vitamin A	111 RAE
Saturated Fat	2 g	Dietary Fiber	1 g	Vitamin C	3 mg
				Calcium	32 mg
				Iron	2 mg

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.